

Turbo KICK®

Wednesdays @ 7:00am
Saturdays @ 7:45am

"Burn calories and blast fat! Turbo Kick® mixes kickboxing and simple dance moves with music that makes you want to move it! You'll love having fun and losing weight. It won't even seem like you're working out. The unique Turbo Kick® movement patterns, combinations and techniques work together to give YOU the ultimate cardiovascular workout that will melt fat and reshape your body! Each full body workout consists of a sport specific warm-up, higher paced intervals, easy to follow combinations, kickboxing specific strength/endurance training and a mind/body like cool-down designed to maximize weight loss! "

Register @ the Greenwood
Community Center



\$18/Residents
\$21/Non-Residents
6-Week Session

Classes Begin January 2010

Hip Hop Hustle™

Get Ready for the Weekend!
Fridays @ 5:30pm

"Burn up the dance floor and burn calories too! Hip Hop Hustle™ blends hip hop and dance moves, making them simple and easy to follow! Anyone can do this! This workout feels more like a night on the town than exercise. Drop the pounds and get rapid results while you dance, dance, dance! There is **NO EXPERIENCE REQUIRED!!** Impossible you say? Not for us! Hip Hop Hustle™ is a hip-hop dance class designed for absolutely everyone. Why? Because the moves are broken down and simplified, making them easy to follow. Which, by the way, means that YOU really can do the moves and even make them your own! "



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